

Soldiers and contractors prepare helicopters for lifting onto the M/V Clipper Makiri.

Team effort loads birds, cargo for Pathways

Story and photos by
DONNA KLAPAKIS

599th Transportation Brigade Public Affairs

BARBERS POINT HARBOR — The 599th Transportation Brigade oversaw load-out of cargo and equipment, here, July 28-Aug. 2, en route to Pacific Pathways exercises.

The operation on behalf of the 25th Infantry Division's 25th Combat Aviation Brigade and the 29th Infantry Bde. Combat Team, Hawaii Army National Guard, was truly a joint effort.

In addition to the 599th and supported units, the load-out also involved Fleet Logistics Center Pearl Harbor; the 836th Transportation Battalion from Yokohama, Japan; the Guam Detachment; and the Army Reserve's 302nd Terminal Transportation Battalion.

Helicopters flew from Wheeler Army Airfield to the docks early in the week, so that unit Soldiers could prepare them for loading aboard ship. Stevedores and Soldiers first assembled other cargo and equipment at the advanced holding area on WAAF, and then transported them to the docks throughout the week.

Capt. Christopher Thomas, 836th Trans. Bn. operations officer, was the chief of a deployment

and distribution management team from the 836th Trans. Bn. and the Guam Det.

"Once all of the cargo arrived at the port and was remeasured, Ronald Barrar, Guam Detachment operations officer, was responsible for making up a stow plan for the ship," Thomas said.

Barrar also helped supervise loading the ship.

"Ron was in charge of loading cargo on the weather deck, and I was in charge of loading the helos on the 'tween deck," said Frank Viray, 599th Trans. Bde. traffic management specialist. "General cargo containers were loaded on top of the 'tween deck after the hatch was closed."

Gregory Pangelinan, Guam Detachment traffic management specialist, checked the labels on cargo and vehicles, as they were loaded on the ship.

"We check the cargo as it comes onto the port and correct military shipping labels when necessary. Then we have to check it again as it is loaded.

If there is a discrepancy, we have to find that item," Pangelinan said.

Gregory "Ben" Benjamin was the contracting



Cranes lift helicopters into the 'tween deck and other cargo and vehicles onto the weather deck of the ship during port operations at Barbers Point Harbor, Aug. 6.

See SHIP A-5



Photo courtesy 7th Engineer Dive Detachment; 65th Eng. Battalion; 130th Eng. Brigade; 8th Theater Sustainment Command

Two divers with the CMAC descend into the water with blacked-out masks to simulate zero-visibility conditions. The training focused on building the Cambodians' in-water confidence and establishing their basic unit sustainment programs.

Army divers aid de-mining

STAFF SGT. GAELAN LOWERS

8th Theater Sustainment Command Public Affairs

KOH RONG, Cambodia — The remnants of war still exist throughout the Pacific theater's waterways.

Unexploded ordnance and sunken munitions line the rivers and streams frequently traveled by military and civilian alike.

Nearly a year ago, Army divers from the 7th Engineer Dive Detachment (EDD), 130th Eng. Brigade, 8th Theater Sustainment Command, equipped, trained and certified Cambodian Mine Action Center (CMAC) divers on military diving protocol and salvage diving operations.

This year, Army divers are back in Cambodia as the ongoing partnership between the two nations continues.

"This is the second phase of our training with the CMAC dive team," said Capt. Robert Meyer, the commander of the 7th. "This 36-day event focused on building their in-water confidence, as well as establishing their basic unit sustainment programs."

After the U.S. trainers covered diving

physiology, dive medicine and troop leading procedures, the team culminated the training with a two-day exercise that challenged not only the CMAC divers' underwater searching and recovery proficiency, but also incorporated aspects of their bomb disposal training.

"Many of Cambodia's waterways hold sunken ordnance from past conflicts, which greatly endanger the local population," said Meyer. "Providing this training and building, the CMAC dive team capability is a significant step towards removing these dangerous devices and ensuring safer living conditions for the people of Cambodia."

Both countries benefited from the training. The 7th EDD was able to revisit training techniques and interact with a culture foreign to them, while the CMAC divers continued to build upon a program that replicates U.S. military diving standards.

"Overall, this has been a really great experience," said Pfc. Lincoln Howell, 2nd class diver.

See CMAC A-3

3-7th FA activates 'Copperheads'

STAFF SGT. CATRINA HERBERT

3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — The guidon of a new M777 howitzer battery was unfurled for the first time during an activation ceremony, Aug. 5.

The guidon for Battery C, 3rd Battalion, 7th Field Artillery Regiment, 3rd Brigade Combat Team, 25th Infantry Division, was uncased by battalion commander Lt. Col. George Hammar and passed to the new Charlie Battery commander, Capt. Jason J. Vanderheyden, charging him with leading the unit and caring for its Soldiers.

The 3-7th is currently undergoing a restructuring, and part of this process is the addition of an M777 howitzer battery.

"It's a great day to be an artilleryman in Hawaii," said Hammar to Vanderheyden. "I know you are fully capable of leading, training and taking care of these Soldiers and their families."

See M777 A-3



Sgt. Vanessa Atchley; 3rd Brigade Combat Team Public Affairs; 25th Infantry Division

Lt. Col. George Hammar, commander, 3-7th FA Regt., 3rd BCT, 25th ID, uncases the guidon — for the first time — for the Battery C "Copperheads" during an activation ceremony, Aug. 6.

New PT uniforms result of feedback

DAVID VERGUN

Army News Service

WASHINGTON — A new Army physical fitness uniform (APFU) based on Soldier feedback will become available in October 2015.

There's a three-year phase-in program, and the cost will be about \$3 less than the current improved physical fitness uniform (IPFU), said Col. Robert Mortlock, with Soldier Protection and Individual Equipment, Fort Belvoir, Virginia.

A February 2012 survey of some 76,000 Soldiers found that they had issues with the IPFU, said Mortlock. They liked its durability but believed the IPFU's textiles had not kept pace with commercially available workout clothes.

They also had concerns with other things, particularly modesty issues with the shorts, especially in events like sit-ups. Soldiers were purchasing spandex-like undergarments to wear beneath the trunks, Mortlock said.

Another issue was that there weren't enough female sizes in the IPFU, meaning IPFUs that

would fit all shapes and sizes.

The APFU met the goal of controlling costs and improving performance by adopting lighter high tech moisture wicking fabric, multiple sizes (including female sizing), Mortlock said.

The fabric of the trunks will continue to be made with durable nylon fabric, but it's lighter than and not as stiff as the IPFU trunks. There will be a four-way stretch panel inside the trunks that eliminates the modesty

See APFU A-5



Photo courtesy U.S. Army

Capt. Leala McCollum models the new Army physical fitness uniform.

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Chief, Internal
Communication
Aiko Rose Brum, 656-3155
aiko.brum@us.army.mil
News Editor
John Reese, 656-3488
news@
hawaiiarmyweekly.com
Pau Hana Editor
Jack Wiers, 656-3157
community@
hawaiiarmyweekly.com
Staff Writer and
Photo Editor
Sarah Pacheco, 656-3150
sarah@
hawaiiarmyweekly.com
Layout
Estrella Dela Cruz-Araiza
Advertising: 529-4700
Classifieds: 521-9111
Address:
Public Affairs Office
948 Santos Dumont Ave.,
WAAF Building 105, 2nd Floor
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25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

WHEELER ARMY AIRFIELD — Soldiers of 2nd Assault Helicopter Battalion, 25th Aviation Regiment, 25th Combat Avn. Brigade, 25th Infantry Division, prepare a UH-60M Black Hawk to be folded and placed into the hangar, here, Friday. Helicopters were protected until the storm conditions had passed.

(From left) Master Sgt. Jamie Cosey, Staff Sgt. Shawn Truesdell and Chief Warrant Officer 2 Springette Ulston, all with Company A, 249th Eng. Bn. (Prime Power), USACE-HD, work in the District’s emergency operations center, Aug. 8, to help field multiple assets to assist the Coast Guard, Hawaii State Civil Defense, FEMA and other federal, state and local agencies in response to the threat of Hurricane Iselle.

USACE responds to Iselle

Story and photo by
JOSEPH BONFIGLIO
U.S. Army Corps of Engineers
Honolulu District Public Affairs

In response to Hurricane Iselle, the U.S. Army Corps of Engineers-Honolulu District fielded multiple assets to assist the Coast Guard, the Hawaii State Civil Defense, the Federal Emergency Management Agency and other federal, state and local agencies.

Honolulu District, working with local and federal partners, jointly conducted an underwater survey in Hilo harbor on Aug. 8, and ensured there were no channel obstructions.

Based on the successful results of this survey, the Coast Guard reopened Hilo Harbor the same day, allowing vessel traffic to safely resume.

The District, teaming with the 249th Engineer Battalion-Prime Power, also worked with state and federal officials to assist its efforts in restoring power in affected areas.

These actions were taken in response to the FEMA Region 9’s request for emergency power subject matter experts to support operational planning efforts to provide emergency power.

A few days before Hurricane Iselle hit, Honolulu District activated its emergency management teams, including the emergency operations center, the power planning and response team, the channel and harbor response team, the crisis action team, the crisis management team, its liaison officers, and its subject matter expert for emergency power.

Honolulu District maintains one of the Corps’ eight power teams, ready to deploy as part of the Corps’ Emergency Support Function (ESF) #3, public works and engineering-related support. The all-volunteer teams can provide backup electrical power generation anywhere an emergency makes the service needed. Team members agree to be in an on-call status, ready to deploy on short notice when disaster strikes. Power team members directly support FEMA emergency

management staging areas and operations centers.

The USACE is prepared and ready to respond to natural and man-made disasters. When disasters occur, it is not just a local Corps district or office that responds — personnel and other resources are mobilized across the country to carry out response missions.

The Honolulu District is part of the federal government’s unified national response to disasters and emergencies, and is the designated lead for ESF #3, public works and engineering-related support in the Pacific Ocean area of responsibility.

The Corps conducts its emergency response activities under two basic authorities — the Flood Control and Coastal Emergency Act, and when missions are assigned by FEMA, under the Stafford Disaster and Emergency Assistance Act.

The Army Corps of Engineers

In any disaster, the Corps’ top priorities are the following:

- Support immediate emergency response priorities;
- Sustain lives with critical commodities, temporary emergency power and other needs; and
- Initiate recovery efforts by assessing and restoring critical infrastructure.

FEMA coordinates the federal government’s role in preparing for, preventing, mitigating the effects of, responding to and recovering from all domestic disasters, whether natural or man-made, including acts of terror.

For more information about the Corps of Engineers’ emergency management mission and roles in supporting national disasters, visit www.usace.army.mil/Missions/EmergencyOperations.aspx.

– FOOTSTEPS in FAITH –

Messages aren’t always in emails

CHAPLAIN (MAJ.) DAVID SCHLICHTER
2nd Stryker Brigade Combat Team
25th Infantry Division

Sometimes I feel insignificant or not very valuable.

Yet, when I think that God is thinking about me, it makes me change my opinion of myself.

What a simple message I received! It communicated love, value, and it just down right made me feel good.

The words were simple, but the impact was great. It was a modest e-mail stating, “I was thinking of you.”

How nice it is to know that someone far away cares about me. Then, I found this word of Scripture:

Schlichter

“Lord, what are human beings that you care for them; mere mortals that you think of them?”

— Psalms 144:3 (NIV)

Wow! What a thought. He, creator of the universe, thinks about me.

I know that Scripture tells me many times how God loves me, and how he has demonstrated his love for me, but I never spent much time thinking about how God is thinking about me. This verse also says that he cares about me.

When I get an email or a card from a loved one, I feel connected with them in a way. They remind me of another “love note.”

“The Lord appeared to us in the past, saying: ‘I have loved you with an everlasting love; I have drawn you with unfailing kindness.’

— Jeremiah 31:3

Everlasting is a wonderful word that means never ending. Basically, you are loved and you can’t do anything about it. There is nothing you can do to make him stop loving you.

Today, I want you to know that God is thinking and caring about you. That will never change. The message may not come in an email or text, but you are on his mind.

So, throughout your day, stop for a moment, look around at the beauty around you and say thanks for thinking of me, thanks for loving me.

You don’t have to wait for a special day to meet with God. He is ready any time, and he’s waiting for you right now.

So, what are you waiting for? You’re already thinking about him. Why not spend a little time with the one who loves you and is always thinking about you? Listen to what he has to say.

Voices of Ohana

Hawaii Statehood Day is Aug. 15.

“Do you feel lucky we live Hawaii?”

Photos by 25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

“I love living here because it is a great place to raise children. The pace is slower and more relaxed.”

Staff Sgt. Rosa Farias-Rios
Supply sergeant, HHC, 25th CAB, 25th ID

“I feel lucky to live here because of opportunities that available for Soldiers to further their professional development.”

Pfc. Jason Gamache
Aircraft repairer, Co. D, 2-25th Avn. Regt., 25th CAB, 25th ID

“I’m happy to live in Hawaii because of the cultural atmosphere and presence that Hawaii offers.”

Sgt. Steven Lane
Logistics specialist, Co. D, 3-25th Avn. Regt., 25th CAB, 25th ID

“Yes, because most people spend their life savings to come here, and I came here on government orders for free.”

Spc. Rochelle Lassiter
Orderly room clerk, HHC, 25th CAB, 25th ID

“There are a wide array of things to do. While living here, you see more than a tourist would see. I love the history of Hawaii.”

Staff Sgt. Darin Rivers
Schools NCOIC, Co. D, 3-25th Avn. Regt., 25th CAB, 25th ID



Col. Scott Mitchell (front), incoming commander, 196th Infantry Brigade, takes charge of his brigade for the first time, Tuesday.

‘Charger Bde.’ gets new commander

Story and photos by
STAFF SGT. KYLE J. RICHARDSON
U.S. Army-Pacific Public Affairs

FORT SHAFTER — Col. Scott Mitchell accepted command of the 196th Infantry “Charger” Brigade, U.S. Army-Pacific, from Col. Michael Forsyth during a change of command ceremony, here, Tuesday.

The Charger Brigade trains and validates all USARPAC-assigned Army National Guard and U.S. Army Reserve forces to ensure those Soldiers are fully prepared to deploy in support of overseas contingency operations.

“It is a credit to Col. Forsyth’s leadership and his fostering of a mission command culture that the professionals of this widely dispersed brigade have got on with their assigned mission, achieved excellence and inspired confidence,” said Australian army Maj. Gen. Richard Burr, USARPAC deputy commanding general of operations and host for the ceremony.

Burr recognized Forsyth for his accomplishments and relentless, dedicated service to the 196th Inf. Bde., and said that he expected great things from Mitchell based on his reputation and career.

“I’m confident that you are ready to assume this critical mission, and on behalf of all USARPAC, we extend to you our warmest aloha and welcome to the 196th Inf. Bde. and the (USARPAC) family,” said Burr.

Mitchell completed two combat tours to Afghanistan, served as executive officer for 2nd Squadron, 14th Cavalry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, and commanded the 7th Sqdn., 10th Cav., 4th ID. He has also completed a



Col. Scott Mitchell (center), incoming commander, 196th Inf. Bde., receives the 196th flag from Australian Maj. Gen. Richard Burr, deputy commander of operations, USARPAC, during a change of command ceremony, Tuesday.

tour at the Pentagon as the deputy director of Army protocol.

Mitchell said he was ready for a new challenge and to pick up where a great commander left off.

“Charger Brigade, you are a great testament to your lineage, whether it is preparing the Guard and Reserves to deploy, or training our active duty forces through the Joint Pacific Multinational Readiness Capability,” said Mitchell. “I look forward to meeting the challenge together and ‘Ahead of the Rest.’”

Outgoing commander Forsyth thanked the Soldiers and his leaders for their support and for their assisting him in successfully carrying out the 196th Inf. Bde. mission.

“The folks out on the field today are among the best professionals that I have had the privilege to work with,” said Forsyth. “Every commander wants to lead an organization that has fully accepted the principle of mission command, which is the ability to use the commander’s intent to accomplish the mission. The 196th Inf. Bde. is the model for this type of organization.”

M777: ‘Copperheads’ set bar for future

CONTINUED FROM A-1

“An opportunity like this is rare, and I consider myself lucky to have been presented with this responsibility,” replied Vanderheyden.

Vanderheyden then addressed the Soldiers of Btry C. “This ceremony is to celebrate you. ... To this dream team I have in front of me, we have a challenge to meet. We have the task of creating something new — a unit that will be in place for years and most likely outlast us,” said Vanderheyden.

Vanderheyden said that the current “Copperheads” need to build a strong foundation and set a high bar for future Charlie Battery warriors.

“I hope that each of you is as excited and proud to be a part of this great opportunity as I am,” Vanderheyden continued. “Right now, we are writing the legacy for this unit. Those standing here today are the original Copperheads.”

He added, “Together, let’s build something that we can all be proud of and that future artillerymen will aspire to be a part of in five, 10, 20 years from now. This is the task presented to us, and I am eager to rise to the challenge with all of you.”

What’s in a name?

The call-sign for Battery C, 3-7th FA Regt., is an insignia with a snake wrapped around two M777 Howitzer tubes. Its the motto, “Deep Strike,” represents the quick and accurate strike of the copperhead snake, and the ability to reach out further than any other weapon system.

The insignia signifies the destructive power that the Copperheads bring to the battlefield.



CMAC: Diving is taught

CONTINUED FROM A-1

er, 7th EDD. “This training has really challenged me to know my craft well. We’re having to use different teaching techniques and break down the language barrier, which sometimes requires creativity on the spot and a lot of patience.”

The mission in Cambodia supporting CMAC has enduring effects and will ultimately help save lives.

“My team considers it a true honor to train and develop the professional members of the CMAC dive team,” Meyer said.

‘Wolfhounds’ continue tradition of helping orphans

Story and photo by
1ST LT. GRACE LU
3rd Brigade Combat Team
25th Infantry Division

SCHOFIELD BARRACKS — Four children, exhausted and jet-lagged after a long flight across the Pacific, were quickly awakened by the aloha spirit as Soldiers, families and friends of the 27th Infantry Regiment, “Wolfhounds,” greeted them with smiles and lei that soon stacked so high the children could barely see.

So began the welcome reception of the 57th consecutive summer visit, a continuation of a relationship that has come to define both the Wolfhounds and the Holy Family Home Orphanage in Osaka, Japan.

“To my knowledge, there is no other military organization that has maintained such a powerful relationship, spanning over 64 years,” said Lt. Col. Kevin J. Williams, commander of the 2nd Battalion, 27th Inf. Regt., at the welcome reception. “It is an unmatched legacy that has touched thousands of lives.”

Daiki, Rebeca, Seiryu, and Yuho from the orphanage landed July 28 to spend two weeks in paradise with the Wolfhounds. Following the



HONOLULU — Lt. Col. Kevin Williams, commander, 2-27th Inf. Regt., “Wolfhounds,” cuts a regimental cake with four children from the Holy Family Home Orphanage, during a reception for the keiki at the Honolulu International Airport, July 28. The 57th annual summer visit is a tradition that has come to define both the regiment and the orphanage.

welcoming, the children spent two weeks living in the Soldiers’ homes, fully immersed in the regimental ohana.

From attending a regiment barbecue, to navigating an Army obstacle course, to spending time at numerous attractions around Oahu, the

children and their host families were busy during their stay on Oahu.

“The time flew by,” said 2nd Lt. Matthew Farar, a first week host family father from Company A, 2-27th Inf. Regt. “They were really appreciative and were a joy to have in our home. My children instantly connected with them, even with the language barrier.”

The unique relationship between the Holy Family Home Orphanage and the Wolfhounds dates back to the winter of 1949, when the regiment was stationed in Japan. The orphanage was run-down and the children lived in poor conditions, due largely to a severe lack of funds.

The late Master Sgt. Hugh O’Reilly, 1-27th Inf. Regt., led the effort as the Wolfhounds gradually came to adopt the orphanage, starting with an initial donation of \$143 to help the children in need.

The relationship has significantly evolved from its humble origins, and now consists of two major events conducted annually: a summer visit where four children from Osaka visit Oahu, as well as a winter visit where two Wolfhound hand-deliver hundreds of donated gifts to the orphanage during the holidays.

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APFU: New PT gear is result of feedback

CONTINUED FROM A-1

issue, a bigger key pocket, and a convenient and secure ID card pouch. In all, some 34 changes were made to the new APFU.

The APFU has five parts: the jacket and pants, which resemble warm ups, trunks or shorts, and the short- and long-sleeve T-shirts, he said. The ensemble is modular, meaning parts of the APFU can be mixed and matched, for example, short- or long-sleeve T-shirts with the pants or trunks. During PT formations, the platoon sergeants will determine the appropriate combo.

Soldier feedback not only determined the form, fit and function of the APFU, it also determined its look. Soldier feedback was solicited about the design features, as well as the preferred color scheme.

Then, in a second AKO survey of more than 190,000 responses, Soldiers overwhelmingly favored a black T-shirt with gold lettering and a black jacket with gold chevron and the Army logo.



The new Army physical fitness uniform ID pocket.

Then it was on to testing. About 876 Soldiers at five forts wore the APFU during PT for a three-month period, providing feedback on form, fit, comfort and so on, Mortlock said. The APFU also was tested for things like durability, laundering, fiber strength, color fastness and color maintenance after laundering.

The response to the APFU was “overwhelmingly positive,” he said, particularly with the trunks.

Soldiers said they wear the APFU on weekends and off-duty outside the installations, Mortlock said, meaning communities across the country will soon see Army pride as Soldiers do their workouts.

The optional APFU variant will become available sometime between October-December 2014.

The Clothing Bag issue variant will be issued to the Army, starting between April to June 2015, and to Reserve, Guard and Senior ROTC from July-August 2015.

Soldiers to get new camo uniform

ARMY NEWS SERVICE
News Release

WASHINGTON — Beginning in the fall of 2015, the Army will begin issuing to new Soldiers an Army Combat Uniform that bears the Operational Camouflage Pattern.

That same uniform will also become available in military clothing sales stores in the summer of 2015.

Soldiers are expected to retire their current uniform and begin wearing the new pattern by the summer of 2018.

The new uniform pattern will be largely the same as what Soldiers wear now, except that the lower leg pockets will be closed by a button instead of the “hook and loop” fabric fastener on the current Army Combat Uniform (ACU).

The insert pockets for kneepads and elbow pads will also be removed from the new uniform.

Other changes that will be considered by the 2015 Army Uniform Board include these:

- Elimination of the mandarin collar and replacement with a fold-down design;
- Change of the infrared square identification for friend or foe, known as the IFF tab;
- Removal of one of three pen pockets on the ACU sleeve; and
- Elimination of the drawstring on the trouser waistband.

Currently, Soldiers wear the ACU with the Universal Camouflage Pattern, or UCP. By 2018, they will be wearing an ACU with the “Operational Camouflage Pattern.” The fabric of the uniform, the cut, the placement of pockets and other details, for instance, will remain the same. It is only the geometry and palette of the camouflage pattern printed on the fabric that will change.

Soldiers will have about three years —

the time between the first availability of the uniform in military clothing sales in 2015 and the time they are required to wear it in 2018 — to transition the contents of their clothing bag to the new look. They will also have more than \$1,300 in clothing allowance at their disposal to make that happen.

The new pattern is different, but visually compatible with what Soldiers wear now in Afghanistan. It does have the same acronym, however.

In Afghanistan, Soldiers wear the “Operation Enduring Freedom Camouflage Pattern,” called OCP for short. The new uniform pattern is also called OCP.

“The Army is naming the pattern the Operational Camouflage Pattern to emphasize that the pattern’s use extends beyond Afghanistan to all combatant commands,” said one senior Army official in a July 31 press release.

The new pattern is borne from efforts to meet a 2009 directive by Congress to develop a camouflage uniform suitable for the Afghanistan environment. That initiative, along with Soldier feedback, led the Army



Program Executive Office Soldier

The Army will begin issuing new Soldiers an Army Combat Uniform that bears the Operational Camouflage Pattern beginning in the fall of 2015. That same uniform also will become available in military clothing sales stores in the summer of 2015.

What’ll it cost Soldiers?

The cost of uniforms with the new pattern will be comparable to the current uniform. At the Fort Myer, Virginia, military clothing sales store, for instance, an ACU top now sells for approximately \$45. The pants sell for around \$45, as well. A cap sells for about \$8.

According to the 2014 pay charts, online at dfas.mil, enlisted Soldiers receive between \$439 and \$468 annually to buy new uniforms, which includes replacing the outgoing UCP ACU with the Operational Camouflage Pattern ACU.

to develop the Operational Camouflage Pattern.

As part of that program, the Army was directed to develop and evaluate camouflage patterns that will provide effective concealment in a wide variety of terrains and environments. The Operational Camouflage Pattern is a result of that effort.

As part of the program two “bookend patterns” of OCP are being optimized and evaluated for possible use on flame-resistant ACUs that would be worn by Soldiers deployed in either arid or heavily wooded terrains.

Ship: Re-established relationship between Army-FLC leads to quick loading

CONTINUED FROM A-1

officer representative for the operation.

“This has been quite a week,” Benjamin said. “As the COR, I have been responsible for coordinating and making sure that everybody is synched up and working where they should be. Of course, I’m also responsible for making sure everything meets the terms of the contract.”

Benjamin praised contract stevedores for their support during receiving, staging and loadout.

Personnel from Fleet Logistics Center, Pearl Harbor, also helped with the operation.

“I’m very happy to re-establish the relationship that we started with FLC,” Thomas said. “I would like for us to make sure we reconnect and keep the relationship going there. It helps us both out to see the different types of operations that we

have at Barbers Point versus Pearl Harbor.”

The 599th also supplied information management requirements at Barbers Point during the operation. Nick Rosse, information technology specialist worked at the port from July 28-Aug. 2.

“We took our BGAN (Broadband Global Area Network) to the port to establish a local network,” Rosse said. “We didn’t have any problems with the handheld scanners that the trans-

porters use to enter the label information into the computer, but we did have some trouble with our DGATES (Deployable Global Air Transportation Execution System) server. We were able to substitute another and upload the data.”

The ship arrived at 7 p.m. on July 31 and began loading at 7 a.m. on Aug. 1. The 599th completed loading operations at 6:30 p.m. on Aug. 2, and the ship departed at 6:54 p.m.

NEWS Briefs



Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

Today

New Grants — Monday, Secretary of Veterans Affairs Robert A. McDonald announced the award of approximately \$300 million in grants that will help approximately 115,000 homeless and at-risk veterans and their families. The grants will be distributed to 301 community agencies in all 50 states, the District of Columbia, Puerto Rico and the Virgin Islands. Under the terms of the grants, homeless providers will offer veterans and their family members outreach, case management, assistance in obtaining VA benefits and assistance in receiving other public benefits. Community-based groups can offer temporary financial assistance on behalf of veterans for rent payments, utility payments, security deposits and moving costs. More information about VA's homeless programs is available at www.va.gov/homeless. Details about the Supportive Services for Veteran Families program are online at www.va.gov/homeless/ssvf.asp.

Phased Retirement and the TSP — Tuesday, the Thrift Savings Plan announced that the Office of Personnel Management had issued its final regulations on “phased retirement” for federal workers, Aug. 7. TSP participants should be aware of the following:

- Employees in phased retirement status (“phased retirees”) continue their eligibility to participate in the TSP. They are eligible to contribute to the TSP and are subject to the normal restrictions regarding TSP loans, financial hardship withdrawals and age-based in-service withdrawals.
- Phased retirees are not eligible for post-employment withdrawals.
- Phased retirees will not be subject to required minimum distributions or the TSP withdrawal deadline.

All sources of contributions to phased retirees’ TSP accounts will be calculated on basic pay received each pay period and will not consider the annuity payment from OPM.

Customer Voices — Take part in a community survey to share perceptions of how gar-

ison services are performing and how important those services are to organizational mission accomplishment and for individual needs. This customer feedback will help the garrison answer whether its efforts to deliver high-quality services are making a difference and meeting its customers’ expectations. Visit www.surveymonkey.com/s/2014_USAG-HI_Community_Survey.

ACS Survey — Take the Army Community Services’ Customer Needs Assessment Survey at www.hi.mwr.com or www.armymwr.com/ACS-Survey. The survey’s open until Aug. 31 to gauge services for service members, families, retirees and civilians.

21 / Thursday

SB TARP — Attend the hourlong Threat Awareness and Reporting Program training, 9 a.m., at Schofield Barracks’ Post Conference Room. Call 655-1306.

27 / Wednesday

Pioneers — 18th Medical Command will host the 2014 Women’s Equality Day, 10:30 a.m., in the Aliamanu Military Reservation chapel. The theme is honoring the pioneers of women’s equality. Call 438-4725.

Ongoing

Platelets — The Tripler Blood Donor Center needs donations of platelets, which are essential to saving lives as a component of blood that helps to stop bleeding. Donors can watch TV or read while they’re donating. Call 433-6148 for details.

Medical Appointments — All sick active duty service members who are empanelled at Tripler’s Internal Medicine Clinic will be seen by appointment only with their primary care manager or PCM team, effective Oct. 1. When these members go to the clinic for acute issues, they will be provided same-day appointments. If the issue is determined to be a chronic, or a non-acute issue, they will be given an appointment for a later date. To book an appointment, patients can call 433-2778, ext. 5, 5, 1. Book online at www.tricareonline.com or sign up for secure messaging with the PCM team at www.relayhealth.com. Note, this message is only for patients empanelled to Tripler Internal Medicine, located on the 3rd Floor next to the Emergency Room. Call Internal Medicine at 433-2557 for more details.

GAT 2.0 — Try the Army’s Global Assessment Tool (GAT 2.0). Discover your level of fitness at <http://csf2.army.mil>.



Traffic Report lists closed roads, limited routes, construction detours and noise advisories received by press time from Army and Hawaii Department of Transportation (HDOT) sources. Motorists in affected areas are advised to use caution, to observe all signs and traffic personnel and to expect delays. For an up-to-date listing of Army traffic advisories, visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm. Unless otherwise noted, all phone numbers are area code 808.

Today

TAMC — The inbound lane at Tripler’s Jarrett White and Krukowski roads (below) was closed on Monday for construction work until Aug. 20.



Revised Kahauiki Bridge — *(Editor’s Note: This is a revision from July 22.)* One lane closes and intermittent full closures of the Fort Shafter bridge begins. (See below.) Closures start at Funston Road and Kahauiki Stream Bridge, ending at the intersection of Annex Road and Kahauiki Stream Bridge. The lane closure will be 24 hours a day through Nov. 10. Intermittent, hourlong full bridge closures will occur 9 a.m.-5:30 p.m. on the following dates:

- Aug. 15, 16, 18, 19, 29, 30 and 31;
- Sept. 1;
- Oct. 10, 11 and 13; and
- Nov. 10.

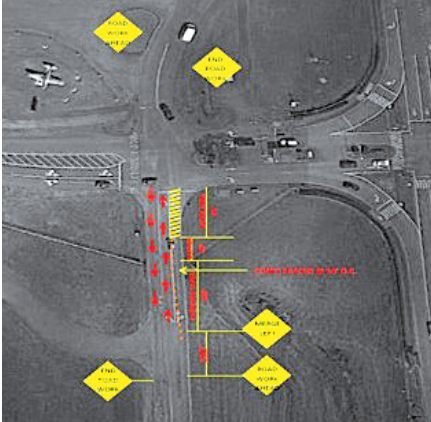


7th Street — One lane of 7th Street, Fort Shafter, will be closed until Aug. 19. Island Palm Communities residents will have access to their driveways and the office. .

16 / Saturday

WAAF Update — Work that was delayed by the storms is to be performed on Saturday, 8 a.m.-4:30 p.m. Lane closures will take place at Lauhala Road near Kawamura Gate, Wheel-

er Army Airfield, in order install a crosswalk and new sidewalk. Two-way traffic will be allowed at all times during the construction. (See below.)



18 / Monday

AMR Update — The expected traffic flow at Aliamanu Military Reservation’s Skyview Loop and Aliamanu Drive was revised. Skyview Loop will be completely closed between Nim Place and Ixora Place, 8 a.m.-4:30 p.m., until Aug. 29. Nim and Ixora will still be accessible.

September

2 / Tuesday

Ama to Ama — The bend in AMR’s Aliamanu Drive, between the west-east intersections of Ama Road, will be completely closed 8 a.m.-4:30 p.m., until Nov. 12, for underground utilities work.

Ongoing

Fisher — Tripler’s Kurkowski Road has a partial closure near the Fisher House buildings I and II. Access is restricted to one lane through Aug. 22.

Aleshire Ave — Expect a road closure at Schofield’s Aleshire Avenue near buildings 2027 and 2087. Traffic will be redirected to alternate routes through Aug. 20. Watch for signs/barriers for closing each end of Aleshire.

Quad D — Roadwork behind Bldg. 450 along Foote Avenue, Schofield Barracks, was extended beyond the original expected completion. The left lane on Foote will be closed.



Army spouse Hannah Tennimon shares a nutrition tip at the end of the BYOBootcamp fitness session, while 10-month-old son Wyatt looks on. Tennimon, newly arrived at Schofield Barracks, said she is finding the BYOB program a good way to make new friends and contacts and adjust to life in Hawaii.

FMWR launches a baby-friendly fitness program

Story and photos by
JACK WIERS
U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS — Bring Your Own Baby, or BYOBootcamp, was in full swing, or body movement, if you prefer, on Tuesday morning at Ralston Field, here.

The outdoor program was designed to offer new parents a workout option in a supportive setting and was meeting the goals of its clients — new mothers.

For Hannah Tennimon’s session, this event meant balancing her full body resistance training exercises while tending to her occasionally restless 10-month-old son Wyatt, who remained within arms’ length during the hour-long workout.

Tennimon arrived three weeks ago with her family on their first Army permanent change of station, or PCS move. For her, the outdoor workout served more than one purpose.

“It’s just hard when you have a newborn or infant getting out of the house, and it’s such a challenge,” said Tennimon. “So, I have a tendency to just stay at home with him (son Wy-

att). But I love working out and feel so much better after a workout, so it’s so great to have something to get me out of the house.”

Newly Designed Program

The new six-week Family and Morale, Welfare and Recreation program also fits the lifestyle of instructor Gina Phillips. The certified personal trainer and group fitness instructor is also the new mother of a 3-month-old baby, who slept quietly during the session.

“I taught at the gym, and after I had the baby, teaching and working out is hard to do indoors (because of child access restrictions),” Phillips said. “I think you have to call three weeks in advance for hourly child care, and it fills up quickly.

“Does this fill a need? I think so,” added Phillips.

“BYOB” Origins

The new program found eager support even before the first session was held.

An FMWR Facebook online contest resulted in the name BYOBootcamp. The new program



Army spouses exercise and share nutrition tips during the BYOB one-hour exercise program.

title is a play on the familiar acronym BYOB or “bring your own bottle.”

In this case, “baby” is substituted for “bottle” in the title.

The one-hour workout is comprised of full body resistance training and a few cardio intervals to maximize your calorie burn. It’s designed for participants of varying fitness abilities.

“We have one spouse who is seven months pregnant,” said Angie Crane, a military spouse of 10 years who home-schools her 9-year-old son Ace. “We have some people who are training for marathons. Everybody does what they

can do, and it’s very supportive and noncompetitive.”

Each hourly session ends with all participants sharing exercise and health strategies.

Several new members to the Schofield community noted afterwards that the program was an important step forward in assimilating to their new PCS home.

“This has been a really great experience,” Tennimon said.

“I’ve been meeting so many new people and really great women ... not that we wouldn’t welcome men (to the workout),” Tennimon added.



Army spouses share favorite exercise and nutrition tips during the BYOB one-hour exercise program. The FMWR outdoor fitness program is geared for young parents who are able to bring their young children along to the supervised workouts.

BYOBootcamp

What: Twice weekly full body resistance training and cardio intervals designed to maximize calorie-burn.

When: Tuesdays and Thursdays, 8:30-9:30 a.m.

Where: Ralston Field, Schofield Barracks

Cost: \$7 for individual sessions, \$60 for six-week package

Visit: www.himwr.com/special-events/family-and-mwr-calendar#/?i=4.



Army spouses exercise and share nutrition tips during the BYOB one-hour program.

Tripler pledges a commitment to baby-friendly initiatives

ANA ALLEN

Pacific Regional Medical Command Public Affairs

HONOLULU — Tripler Army Medical Center (TAMC) has declared its commitment to the Baby-Friendly Hospital Initiative.

Col. David Dunning, commander of TAMC, signed a Commander’s Declaration, Aug. 5, in support of the effort, led by the United Nations International Children’s Emergency Fund (UNICEF) and the World Health Organization (WHO) to promote the establishment of centers of breastfeeding support.

“This institution would like to foster an environment that supports the Ten Steps to Successful Breastfeeding as outlined by Baby-Friendly USA,” Dunning said in the memorandum for record.

Within the hospital setting, the initiative requires medical facilities to meet guidelines and criteria that includes the following:

- training all health care staff in skills needed to implement the initiative;
- parent education on breastfeeding benefits;
- helping moms initiate breastfeeding within one hour of birth or showing them how to maintain lactation, if separation from infants is required;
- giving infants breast milk, unless medical

indicated;

- allowing mom and baby to remain together;
- encouraging on demand breastfeeding;
- educating parents on pacifier or artificial nipple impact on breastfeeding;
- fostering the establishment of breastfeeding support groups; and
- compliance with the International Code of Marketing of Breast Milk Substitutes.

Brenda Willey, TAMC lactation consultant and advocate for the program, was present for the signing and said the declaration is an exciting step forward.

“There are currently only three military medical facilities in all of the military branches combined that have the official ‘Baby Friendly’ designation. Since TAMC is the medical facility for the Pacific basin, we want to stay at the forefront of changes in practices that support breastfeeding.”

Tripler has eliminated formula gift bags, which studies show undermines a mother’s confidence in breastfeeding.

“We want to get breastfeeding mothers and newborns off to the best start possible,” said



Ana Allen, Pacific Regional Medical Command Public Affairs

Col. David Dunning (seated), commander, TAMC, signs a Commander’s Declaration, Aug. 5, in support of the effort, led by the UNICEF and WHO to promote the establishment of centers of breastfeeding support. Also present for the signing was (standing, from left) Capt. Mayko Moses, labor and delivery clinical staff nurse; Brenda Willey, Tripler lactation consultant; and Capt. Manushka Angoy, officer in charge, Tripler Mother Baby Unit.



Briefs

Today

Big Brother, Big Sister Program — Military mentoring registration is underway for keiki ages 9-17 of active duty military personnel. Children will be matched with a military or civilian adult that can serve as a mentor or assist in their personal development.

Contact the SB School Liaison Office at 655-8326 to sign up as a mentor or youth participant.

Aloha Friday Barbecue — The SB Leilehua grill offers a Friday barbecue lunch special, beginning at 11 a.m., until sold out. Menu items include smoked brisket ribs, pulled pork, barbecue chicken, pork chops, baked beans, cole slaw, potato salad and cornbread. Items cost \$8-\$10. Call 655-7131.

16 / Saturday

Intro to Surfing — Outdoor Recreation provides the equipment and transportation to Pokai Bay or Haleiwa, 8:30 a.m.-12:30 p.m., for \$59 per person. Call 655-0143.

Grill Your Way Into Summer, Part III — Enjoy volleyball, games and more party activities, including all you can eat barbecue for \$4, 5-10 p.m., at the SB Tropics. Call 655-5698.

17 / Sunday

FS Sunday Brunch — Enjoy Sunday brunch at FS Mulligan’s Bar & Grill from 10 a.m.-1 p.m. Call 438-1974.

18 / Monday

AFTB Level K Military Knowledge — This Army Family Team Building course, 9 a.m.-2 p.m., Aug. 18-19, provides basic information and skills needed by all military spouses, such as military terms, acronyms, customs and courtesies, chain of command, military and community resources and much more. Free to Soldiers and family members. Call 655-4227.

Workweek Lunch — SB Kolekole Bar & Grill (655-4466) and FS Mulligan’s Bar & Grill (438-1974) offer daily lunch, 11 a.m.-1 p.m. Enjoy buffet-style (\$10.95) or menu items. Current lunch specials are at

SB THRIFT SHOP



Photo by Jack Wiers, U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS — The Hui 'O Na Wahine Thrift Shop has reopened after a summer hiatus.

The Schofield Barracks shop is open, 9 a.m.-1 p.m., Tuesdays, Thursdays, Fridays and the 1st and 3rd Saturdays of the month.

Thrift Shop organizers are seeking volunteers and will offer a volunteer orientation, 9-10 a.m., Sept. 8. Contact Jocelyn Turner at huithrift@gmail.com.



www.himwr.com/dining/kolekole-bar-a-grill/kolekole-lunch-buffet and www.himwr.com/dining/hale-ike-na/hale-ikena-lunch-buffet-menu.

Mongolian Barbecue — Select your favorites from a large variety of meats and vegetables, 5 p.m., every Monday, at SB Kolekole Bar & Grill, and grilling will be to your liking. Cost is 65 cents for each ounce.

19 / Tuesday

Acrylic Painting — Create your own island-inspired masterpiece at this adult workshop held 5:30-7:30 p.m. at the SB Arts and Crafts Center. Includes canvasses and paints; costs \$80 for four sessions. Call 655-4202 for preregistration.

Taco Tuesday Night — SB Kolekole Bar & Grill offers three tacos, rice and beans specials for \$4.99. Call 655-4466.

\$2 Bowling Special — FS Bowl offers a “\$2 Bowling Special,” 9 a.m.-9 p.m., every Tuesday, now through Sept. 30. Offer not valid with other promotions, holidays, specials, reservations or groups. Shoe rental not included. Call 438-6733.

20 / Wednesday

EDGE Home School Adventure Hiking — This Outdoor Recreation supervised program meets at Dillingham Airfield Tower and

Pupukea, Aug. 20; costs \$20. Participants should be 10-18 years old, wear covered toe shoes and bring sunscreen, water and a hat. Call 655-9818.

BOSS Meetings — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community service projects and fun upcoming programs. Call 655-1130.

Attend these meetings:

- North meetings, 3 p.m., 1st and 3rd Wednesday, SB Tropics Warrior Zone.
- South meetings, 10 a.m., 2nd and 4th Wednesdays, FS Bowling Center.

Teen Wednesdays — Cosmic Bowling for teens is \$2 at Wheeler Bowling Center, WAAF, 2-4 p.m. Free shoes with a two-game minimum. Call 656-1745.

21 / Thursday

Tropical Thursdays — Free weekly Texas Hold’em poker is at 6 p.m., SB Tropics Warrior Zone. All ID cardholders 18 and older are welcome. Call 655-5698.

Ongoing

Bowling Sale — All youths, ages 17 years and younger, receive one free game for every game purchased at FS

www.dukesoceanfest.com or call 545-4880.



Model Planes Airshow — The Biggest Little Airshow in Hawaii, returns to Pacific Aviation Museum Pearl Harbor, Saturday and Sunday, Aug. 16-17. You can drive on to Ford Island or take the free shuttle from the Pearl Harbor Visitor Center. Includes hospitality tents, retail booths, food vendors and prizes, besides the expanded, newly choreographed remote-control airshow.

19 / Tuesday

Chaminade University Open House — Military, evening and on-line program open house, 6 p.m., at the Oahu Veterans Center. Meet with advisors and current students in a general presentation about degree programs, the application process and important deadlines. Email Lind say.hopkins@chaminade.edu or call 624-2515.

23 / Saturday

Chapel Fest — Learn about the Army’s chapel communities, 10 a.m.-3 p.m. Enjoy free food and family fun with bouncy houses, a rock climbing wall, face painting, a dunk tank, video games and more. Takes place at the SB Main Post Chapel.

The MCBH Keiki Tradewind Triathlon — Marine Corps Base Hawaii, Kaneohe Bay, is holding this annual children’s triathlon, Saturday, Aug. 23, for two age divisions: 7-



Bowl between noon-4 p.m., Monday-Friday, during August.

Free games must be bowled on the day of purchased game and will only be offered provided lanes are available. Special cannot be combined with any other offer and does not apply to group or party reservations.

Shoe rental not included. Call 438-6733.

Pacific Teen Panel — Provide service on the PTP (Pacific Teen Panel) for the AMR/TAMC/FS communities. Must be CYS registered, in the 9-11th grade and participate in Youth Activities.

PTP participants are advocates for their peers participating in monthly teleconference calls or video teleconference with other youth in the Pacific. For more details, call the AMR Youth Center at 833-0920 or the FS Middle School and Teen Program at 438-6470.

New SKIES Unlimited AMR Studio — The studio is now open and offering classes in Lil Ninjas, Kenpo karate, Rock School, beginner dance, intermediate dance, hip hop and hula at the AMR SKIES Studio. Call 655-9818 for class availability or visit www.himwr.com.

Volunteer Coaches — Serve as a positive role model by participating in the Youth Sports program. Call 836-1923 (AMR/FS) or 655-6465 (SB).

25 / Monday

Girl Scouts — An informational session about scouting for girls in the Pearl Harbor/Hickam area will be held 6-7 p.m. at Nimitz Elementary School, 520 Main St. The invitation is for troop members and those who have no experience in Girl Scouts, girls and their families. Email pearl harbor.scouts@gmail.com.

30 / Saturday

Outdoor Gospel Concert — William McDowell will be featured, 2-7 p.m., AMR Chapel parking lot.

31 / Sunday

Fellowship Dinner — Combined Sunday service and fellowship dinner, noon, at the Schofield Main Post Chapel.

Ongoing

Food for Families — ASYMCA at WAAF has an emergency food locker to assist families. It’s open 8 a.m.-2 p.m., Monday-Friday. Call 624-5645.

Legal Aid — The SB and FS Legal Assistance offices provide free legal assistance to active duty personnel, family members, retirees and certain Department of Defense personnel.

Worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

- Sunday Services
 - 8:45 a.m. at MPC
 - 9 a.m., at FD, TAMC chapel
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
 - 10:45 a.m. at WAAF (Spanish language)
 - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)**
- Sunday, 9 a.m. at WAAF

This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafe.com under realtime movie listing.



Planes: Fire and Rescue (PG)
Fri., Aug. 15, 7 p.m.
Sun., Aug. 17, 2 p.m.

Earth to Echo

(PG)
Sat., Aug. 16, 2 p.m.



The Purge: Anarchy (R)
Sat., Aug. 16, 6 p.m.

Transformers: Age of Extinction

(PG-13)
Thurs., Aug. 21, 7 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation

- ASYMCA: Armed Services YMCA
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and

- Recreation
- FRG: Family Readiness Group
- FS: Fort Shafter
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities
- PFC: Physical Fitness Center
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield

Spouses encouraged to take GAT 2.0 fitness survey

ARMY NEWS SERVICE
News Release

ARLINGTON, Va. — Now through October, the Army’s Comprehensive Soldier and Family Fitness (CSF2) program is conducting a campaign to encourage Army spouses to take the Global Assessment Tool, or GAT 2.0.

The GAT 2.0 is a confidential, online, self-assessment tool that provides users with scores for their individual levels of fitness in five dimensions: family, social, physical, emotional and spiritual.

The GAT 2.0 is an annual requirement for Soldiers, but there is also a tailored version specifically for spouses.

“A key part of creating a more ready and resilient Army is ensuring our families have the same tools and resources as our Soldiers,” said Col. Kenneth Riddle, CSF2 director.

“Since the launch of GAT 2.0 on January 27th, 2014, over 375,000 Soldiers have taken this self-assessment. We want Army spouses to take advantage of this self-awareness tool, as well, and follow-on resources that the GAT 2.0 recommends,” said Riddle.

In addition to providing users with their individual scores in the five dimensions of strength, the GAT 2.0 also provides the user’s RealAge, which is a metric that reveals users’ biological age compared to their calendar

age. Users also receive their results in the Performance Triad of sleep, activity and nutrition.

Self-awareness is only part of the benefit of taking the GAT 2.0; self-development is the second part.

After receiving their scores based on the GAT 2.0, users are directed to ArmyFit, which houses the tools and resources for users to increase their resilience and improve their overall resilience and well-being. Each user receives tailored recommendations to help them navigate through the myriad resources available within ArmyFit.

The strength of the Army comes from its family members. The GAT 2.0 provides spouses with the opportunity to know themselves and stay psychologically strong for themselves and their families.

“What makes the GAT 2.0 different from other online surveys is that it’s designed specifically for members of the Army family,” said Grace Heath, who’s been an Army spouse for 17 years. “It gives my spouse and me common ground when we talk about things like strength and resilience.”

To keep the recommendations provided by GAT 2.0 relevant, CSF2 plans to keep adding new content and functions to ArmyFit” over the coming months. These include the ability

“A key part of creating a more ready and resilient Army is ensuring our families have the same tools and resources as our Soldiers.”

— Col. Kenneth Riddle
CSF2 director

GAT Online

For more information on the GAT 2.0, visit <http://csf2.army.mil>.

To take the GAT 2.0, visit <https://armyfit.army.mil>.

to synch a personal activity monitor’s data with the site to chart a person’s daily physical activity, and to use that data to compete with other users.

COMPREHENSIVE SOLDIER & FAMILY FITNESS
BUILDING RESILIENCE • ENHANCING PERFORMANCE



GAT 2.0 is for Spouses, too!

The Global Assessment Tool (GAT 2.0) is a confidential, self-assessment tool that tells you how to improve your overall health and well-being. By knowing yourself, you can stay emotionally and psychologically strong for yourself and your family.

Take the GAT 2.0 on ArmyFit™
<https://armyfit.army.mil>

Spouses are encouraged to participate in the confidential tool that can improve health.

Commissary’s case lot sale offers customer appreciation

Case lot sales return to offer 50 percent or more savings

JESSICA ROUSE
Defense Commissary Agency

FORT LEE, Va. — Back by popular demand are the commissaries’ case lot sales.

This time the sales are called Commissary Customer Appreciation Sales, and they offer savings of 50 percent or more on club pack and full case items.

Each stateside commissary, including Hawaii, Japan and Puerto Rico, will have a two- or three-day case lot sales event during Aug. 14 to Sept. 30.

The Schofield Barracks Commissary will offer the sale Aug. 29-31: Friday is 8 a.m.-6 p.m. and Saturday-Sunday, 7 a.m.-6 p.m.

Customers can also find sale information on their store’s Web page. Just log on to the commissary website, click the “Locations” link, ac-



Schofield Barracks Commissary shoppers will be offered sizeable savings Aug. 29-31.

cess the “Alphabetical Listing” link from the drop down menu and choose the store.

Overseas stores may hold substitute events, such as sidewalk sales.

“It’s been nearly two years since our last case lot sale, and we are really excited to bring these back since they are so popular with customers,” said Randy Chandler, the Defense Commissary Agency’s director of sales. “These

events can help families stock up for back to school, and they’re also a great way to get your everyday bulk items at great prices.”

Customers have a variety of options to choose from. The list includes the following:

- Back-to-school items for all ages, such as trail mix, nuts, fruit bars, 100 percent juice, peanut butter, sports drinks and kids meals;
- Pet supplies to include bagged and canned

More Online

For additional information, customers can go to www.commissaries.com/stores/html/store.cfm?dodaac=N&page=case_lot_dates.

food, treats and cat litter;

- Pasta sauces, rice and condiments;
- Cookies, brownies and pudding;
- Canned tuna and chili;
- Paper products and cleaning supplies, such as bathroom tissue, fabric sheets and laundry detergent; and
- Health and beauty care, including diapers, wipes, shampoo and conditioner.

“We got a large variety of items involved with this sale,” Chandler said. “Our goal is to make it as worthwhile for our customers as possible.”

When angry, the silent treatment can have its place

I talk too much.

I’m the kind of person who has to fill awkward silences, who can’t tell a story without all the excruciating details.

I chat endlessly at base social gatherings and then wake up the next morning, slap my forehead and say, “Me and my big mouth.”

I’m not exactly sure why I’m this way, but considering that every human personality trait from narcissism to Oedipus complex has its roots in childhood, I’m guessing that’s when it all started.

My father, who was shipped off to Fork Union Military School at the tender age of 7, was determined to be a more “hands-on” parent than his own. If my brother or I disobeyed my father, he simply selected from a variety of corporal punishments that were considered perfectly appropriate, if not advisable, in the 1970s.

No one would have batted a powder-blue



THE
MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

frosted eyelid back then if a parent gave his kid a whack on the tush for saying that she didn’t walk the dog because she was in the middle of a particularly riveting episode of “Diff’rent Strokes,” or if she called her brother a “ginormous butt-face” while in line at Mister Donut.

Our father also selected from the myriad of non-corporal punishments, such as sitting at the table until you finish every last bite of that succotash, grounding for coming home 20 minutes after Mom rang the bell and knocking on the neighbor’s door to confess that you dug for worms in her front lawn.

But there was one form of punishment that I considered worse than a lashing with my fa-

ther’s infamous 3-inch white vinyl belt. It was the dreaded “silent treatment.”

When my father would refuse to acknowledge my presence for a period of hours or days, I had time to ponder the offense for which I was being punished, but also, I had plenty of time to feel regret for the 37 other things I’d screwed up in the past. It was sheer agony.

I would have volunteered to walk barefoot over a bed of bumblebees, run through a thicket of thorn bushes or take a carrot peeler to my shins if only my father would just speak to me.

Now, as an adult, I can’t stand silence.



File photo

While the author admittedly will “chat endlessly,” she also found that remaining silent after disagreements can occasionally be useful.

See SILENCE B-5

Rodney Atkins will join BayFest lineup

MARINE CORPS COMMUNITY SERVICES
News Release

MARINE CORPS BASE HAWAII, Kaneohe Bay — Country musician Rodney Atkins will perform at BayFest, Sunday, Oct. 19, completing the line-up for the three-day music and family fun festival scheduled for Oct. 17-19, here.

The USAA Entertainment Main Stage will feature Smash Mouth with Uncle Kracker on Friday, Oct. 17; Capital Cities on Saturday, Oct. 18; and Rodney Atkins with special guest Rose Falcon on Sunday, Oct. 19.

BayFest hours are Friday, 5 p.m. to 1 a.m.; Saturday, noon to 1 a.m.; and Sunday, noon to 10 p.m. Concert gates will open at 5 p.m., daily, and the U.S. Marine Corps Forces, Pacific Band will provide preconcert music.

The fireworks display will be after the concert on Friday night only. The GNC BodySearch Fitness Competition will take place Saturday at 3 p.m. in the Hawaiian Electric Company Fest Tent. E.K. Fernandez rides will be open until



Singer-songwriter Rose Falcon takes the stage as husband Rodney Atkins' special guest at the 23rd annual BayFest Sunday, Oct. 19.



Country music superstar Rodney Atkins closes out the 23rd annual BayFest with a rockin' concert Sunday, Oct. 19.



Photos courtesy Marine Corps Community Services

Fresh off a gig opening for Katy Perry on her Prismatic World Tour this summer, Capital Cities performs at the 23rd annual BayFest.



Smash-hit band Smash Mouth opens up the 23rd annual BayFest with a rockin' performance Friday, Oct. 17.

midnight Friday and Saturday, and till 10 p.m., Sunday. Boat rides, to and from Coconut Island, will be available Saturday and Sunday from noon to 6 p.m.

A general admission ticket of \$5 provides access to the E.K. Fernandez carnival and midway, the sponsor expo, the GNC BodySearch

Fitness Competition, food booths, military displays, new car displays and the fireworks (Friday only).

Concert tickets for each evening include general admission.

A new ticket is required each day for entry to BayFest.

Silence: It can be effective

CONTINUED FROM B-4

So, when my Navy husband and I stopped speaking to each other right before a 12-hour drive home from vacation last week, I found it particularly difficult. We both had had it. He'd had it with my extended family who we'd been living with in a small North Carolina beach cottage for two weeks, and I'd had it with him for having had it with my family.

We'd gone to bed angry the night before, backs to each other, vowing, "See how s/he likes this. I'm not going to say a word!"

The next morning at 6 am, we hit the road in silence. The kids, oblivious to our temporary marital dis-

course, slept soundly. Through North Carolina, I sat, arms crossed, staring bitterly out the passenger's side window. In Virginia, I kept quiet, comforting myself with a small neck pillow. In Maryland, I dozed off. In Delaware, I couldn't specifically recall why we stopped talking to each other in the first place. In New Jersey, I just wanted us to be normal again.

"Are we going to get something to eat?" I croaked weakly, my vocal cords showing signs of atrophy after six hours of silence.

"Yea, in just a few minutes," he said, his soft tone indicating that he wanted normalcy, too.

After hoagies off the Garden State Parkway, we climbed back into our luggage-laden minivan for the remainder of our trip home to Naval Station Newport. In New York, we chatted about the news a little bit. In Connecticut, we were quiet again, only because we were tired.

Finally, in Rhode Island, it was clear that our silent treatment had been a blessing rather than a punishment. In the absence of words, we had time to have regrets and to miss each other. And I learned that talking doesn't always make things better.

Sometimes, silence is golden. (Military spouse Molinari shares life's humor in "The Meat and Potatoes of Life," at www.themeatandpotatoesoflife.com.)

Tickets

Concert tickets purchased through Aug. 15 receive a special early bird rate of \$25, through Aug. 15th deadline; \$35, Aug. 16-Oct. 16; and \$40 at the gate.

BayFest tickets are on sale now at all military ticket outlets and at www.BayFestHawaii.com.

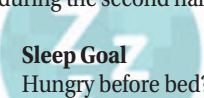


‘Challenge’ begins week 14

U.S. ARMY GARRISON-HAWAII
Public Affairs

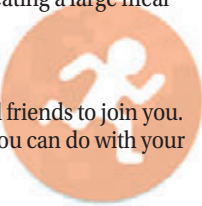
HONOLULU — As you may know, the Performance Triad initiative is entering the 14th week of the 26 week challenge — halfway home!

The intent of the triad is to promote nutrition, activity and sleep as the primary pillars of health, wellness and disease prevention. It is not too late to get started. If you make a commitment now to take just one small, healthy step each week in any of these three areas, just imagine what you can accomplish during the second half of this challenge.



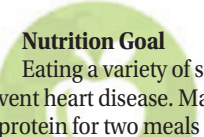
Sleep Goal

Hungry before bed? Having a light snack, such as milk and crackers, can be helpful to curb hunger, but avoid eating a large meal close to bedtime.



Activity Goal

Invite your family and friends to join you. Pick a physical activity you can do with your spouse, friends or kids.



Nutrition Goal

Eating a variety of seafood can help prevent heart disease. Make seafood your main protein for two meals this week.

If you are pregnant or considering becoming pregnant, avoid shark, swordfish, King Mackerel and Tilefish since they can contain high levels of mercury. Eat up to 12 ounces (two servings) per week of other cooked fish or shellfish.

Check local fish advisories.



File photo

Seafood can help prevent heart disease and is recommended as a main source of protein.

POC

The point of contact for the Performance Triad is Sgt. Randall Busick, challenge coordinator, at 433-8349.



More Online

For more information on nutritional strategies, visit www.choosemyplate.gov/food-groups/downloads/tentips/dgtipsheet15eatseafood.pdf.

TAMC: Promotes babies

CONTINUED FROM B-1

Willey. “It is a well-documented fact that hospital practices have a huge impact on a mother’s ability to do sustained exclusive breastfeeding, and success is predicted by what kind of direction and support mother receives in the first two weeks, and especially in the first 72 hours after birth,” she said.

The initiative isn’t meant to alienate parents who choose to formula feed.

Tripler will be providing instruction on proper formula storage and preparation to parents who choose formula.

“We support whatever feeding choices that parents make, but because of the health benefits to both mother and baby, the bonding breastfeeding promotes, and the fact that sustaining breastfeeding is especially challenging for our active duty mothers to achieve, we chose to do as much as we can to support and help our mothers to successfully and exclusively breastfeed,” stated Willey.

TAMC registered nurse and new mom 1st Lt. Danielle Savoye said she faced some of the fears most moms have experienced and has appreciated the support from Tripler’s staff.

“Fears of breastfeeding improperly and leaving my son without enough nutrition plagued me. Before I discharged from the hospital, I had a discussion with one of Tripler’s lactation consultants. She was able to ease my fears, correct a small error in my son’s latch and gave me a point of contact for questions and concerns, which popped up later as I returned to work,” she said.



Photo courtesy of Danielle Savoye

Seven-month-old Kevin Savoye, born Sept. 4, 2013, bonds contently with mother 1st Lt. Danielle Savoye of Tripler Army Medical Center after a breastfeeding session.

Savoye said Tripler’s lactation consultants continue to provider her support and advice as she has made the transition to pumping at work and have helped her through milk supply challenges.

“The Tripler lactation staff was easy to get a hold of to remedy that situation quickly, and had lots of advice for keeping up milk supply, as well. Squeezing in the time to pump remained difficult, but I’m very glad for the other military mothers and fathers here who understand and actively encourage taking the time for it,” Savoye said.

Willey, who was recently recognized for her commitment to moms and babies and for promoting and implementing several new lactation initiatives at Tripler, said she wants all new moms to know that lactation support doesn’t have to stop when mom and baby leave the hospital.

“You, our active duty and dependent breastfeeding mothers, are our military’s most valuable resource and support,” said Willey. “We, who have the honor of caring for you as you bring new life into this world, applaud and support you in your endeavor to provide your amazing, life-giving milk to our next generation of Americans. We are here for you. You make us Army Strong.”

Contact Information

For more information on Tripler’s lactation consultation services, call 433-3732 or 433-5020. You can also find facts on breastfeeding throughout the month of August on Tripler’s Facebook page in celebration of National Breastfeeding Month at <https://www.facebook.com/TriplerArmyMedicalCenter>.

